



## HALF MARATHON - PERSONAL BEST PROGRAM (22 Week Program)

If you have questions regarding any of the training programs feel free to contact Bruce Deacon by email at [CoachBruce@runvictoriamarathon.com](mailto:CoachBruce@runvictoriamarathon.com).

### **Weeks 1 - 12: Aerobic Conditioning/Base Preparation (May – July)**

Aerobic running as referred to below means exercise between 65 and 75% of your maximum effort. This, therefore, is not Long Slow Distance - it is more like Long STEADY Distance. This is running at a good effort and finishing each run feeling pleasantly tired (not so tired that you cannot get through the rest of your day). When running, you should not be so out of breath that you cannot carry on a conversation with your running buddy. All running, including tempo runs, during this period should be aerobic running (about 30-40 seconds per kilometre slower than your goal pace).

The objective of the first six weeks is for you to develop a consistent record of 'almost daily' running to allow your body to become comfortable with this level of exercise. Most of the running is aerobic running. Closer to the race, workouts will include some running focusing upon increasing your tempo and pace.

### **22 Weeks to Go (May 12, 2024)**

- **Sunday:** 14 km long run
- **Monday:** Rest Day
- **Tuesday:** 45 minutes.
- **Wednesday:** 60 minutes easy
- **Thursday:** 45 minutes easy
- **Friday:** 30 minutes easy
- **Saturday:** 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride.

### **21 Weeks to Go**

- **Sunday:** 16 km long run
- **Monday:** Rest Day
- **Tuesday:** 45 minutes
- **Wednesday:** 60 minutes
- **Thursday:** 45 minutes
- **Friday:** Rest or 30 minutes easy
- **Saturday:** 45 - 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride
- **Friday:** Rest or 30 minutes easy
- **Saturday:** 45 - 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride. 30 minutes easy if racing tomorrow

### **20 Weeks to Go**

- **Sunday:** 16-18 km long run
- **Monday:** Rest Day
- **Tuesday:** 50 minutes
- **Thursday:** 50 minutes
- **Friday:** Rest or 30 - 40 minutes easy
- **Saturday:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride



## 19 Weeks to Go

### **Recovery Week**

Recovery weeks are an essential component of this training program. These easy weeks will allow your body to recover and accrue the full benefits of the higher intensity training you have been completing. Do not be tempted to do a little more than is outlined in the program for recovery weeks. Treat the recovery week as reward for the hard work you have completed in the previous weeks.

- **Sunday:** 13 km long run
- **Monday:** Rest Day
- **Tuesday:** 30 minutes
- **Wednesday:** 50 minutes
- **Thursday:** 30 minutes
- **Friday:** 30 minutes easy
- **Saturday:** 40 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride or 30 minutes easy if racing tomorrow

## 18 Weeks to Go

- **Sunday:** 18 km long run
- **Monday:** Rest Day
- **Tuesday:** 55 minutes
- **Wednesday:** 50 minutes including 15 minutes half marathon pace tempo running. Run for the required time outlined in the program (usually between 15 and 30 minutes). Attempt to run as close as possible to your goal half marathon pace. Running faster than your goal pace will not help you. The goal is for you to develop a feeling of what your goal pace is so that when you are running in the race you can 'lock in' to this pace and run consistently.
- **Thursday, June 4:** 50 minutes
- **Friday, June 5:** 30 - 40 minutes easy
- **Saturday, June 6:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

## 17 Weeks to Go

- **Sunday:** 16 km long run or race
- **Monday:** Rest Day
- **Tuesday:** 55 minutes
- **Wednesday:** 20 minutes easy warm up; 5 sets of 1 minute hard/1 minute jog/2 minutes hard with 3 minutes between sets; 20 minutes easy cool down
- **Thursday:** 50- 60 minutes
- **Friday:** 30 - 40 minutes easy
- **Saturday:** 60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

## 16 Weeks to Go

- **Sunday:** 20 km long run
- **Monday:** Rest Day
- **Tuesday:** 50 minutes to 60 minutes
- **Wednesday:** 60 minutes including 20 minutes half marathon pace tempo running
- **Thursday:** 50-70 minutes EASY!!
- **Friday:** 30 minutes



- **Saturday:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride.

### **15 Weeks to Go**

#### **Recovery Week**

- **Sunday:** 16 km long run
- **Monday:** Rest Day
- **Tuesday:** 40 minutes
- **Wednesday:** 20 minutes warm up jog, 20 minutes out-and-back tempo, 20 minutes warm down jog
- **Thursday:** 40 minutes
- **Friday:** Rest Day
- **Saturday:** 30 minutes

### **14 Weeks to Go**

- **Sunday:** 22 km long run
- **Monday:** Rest Day
- **Tuesday:** 50-60 minutes
- **Wednesday:** 20 minutes easy warm up; 6 X 3 minutes at 10k pace with 2 minute rest between each; 20 minutes easy cool down
- **Thursday:** 50-60 minutes EASY
- **Friday:** 30 - 40 minutes easy
- **Saturday:** 50-60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

### **13 Weeks to Go**

- **Sunday:** 24 km long run
- **Monday:** Rest Day
- **Tuesday:** 50-60 minutes
- **Wednesday:** 20 minutes easy warm up; 30 minutes [out-and-back tempo](#), 20 minutes easy cool down jog
- **Thursday:** 75 minutes
- **Friday:** Rest or 30 easy
- **Saturday:** 50-60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

### **12 Weeks to Go**

#### **Recovery Week**

- **Sunday:** 16 km long run
- **Monday:** Rest Day
- **Tuesday:** 40 minutes
- **Wednesday:** 20 minutes warm up jog, 3 X 10 minutes at half marathon pace with 3 minute jogging between each, 10 minutes warm down jog
- **Thursday:** 40 minutes
- **Friday:** Rest or 30 minutes easy
- **Saturday:** 60 minutes or 20-30 minutes easy if racing tomorrow



## 11 Weeks to Go

### **Aerobic Capacity Phase Begins**

The term aerobic literally means “with oxygen”. When we speak of aerobic running, we mean running at a moderate intensity that allows your body to use oxygen to burn both glycogen and fats for fuel. Simply put, if you want to burn fats, you need to run aerobically. As marathoners, we will need to access this important fuel source, because even the leanest of us have more than enough fat to finish multiple marathons.

The opposite of aerobic running is anaerobic running. This is when the intensity of your exercise exceeds your oxygen capacity and your body burns glycogen in the absence of oxygen. A 400 meter sprinter would rely on anaerobic fuel sources in their races, but a marathoner would run entirely aerobically. The faster the pace you can run aerobically without relying on anaerobic energy systems, the better the distance runner you will be.

The Aerobic Capacity Phase is designed to help increase the pace at which you can run aerobically. It is done in two ways:

- 1) We increase the duration of our long runs to help us become more efficient at burning fats (as we have been doing); and,
- 2) We focus on running at the high ends of our aerobic zone.

- **Sunday:** 22 km or race and warm up and warm down adding to 16 km
- **Monday:** Rest Day
- **Tuesday:** 50-60 minutes
- **Wednesday:** 20 minutes easy warm up; 6 X 4 minutes at 5 km pace with 2 minutes rest; 20 minutes easy cool down jog
- **Thursday:** 60 minutes easy running
- **Friday:** Rest day
- **Saturday:** 60 minutes including 20 minutes on hilly terrain

## 10 Weeks to Go

- **Sunday:** 26 km long run
- **Monday:** Rest Day
- **Tuesday:** 50 -60 minutes
- **Wednesday:** 15 minutes easy warm up; 4 minutes at 5k pace, 3 minutes jog rest, 6 minutes at 10k pace, 2 minutes jog rest, 8 minutes at 10k pace, 3 minutes jog rest, 4X 1 minute at 5 km pace with 1 minute between each; 10 minute easy cool down jog
- **Thursday:** 30-40 minutes easy running
- **Friday:** Rest day or 30-40 minutes easy
- **Saturday:** 60 minutes including 25 minutes on hilly terrain.

## 9 Weeks to Go

### **Recovery Week**

- **Sunday:** 20 km long run
- **Monday:** Rest Day
- **Tuesday:** 30 minutes
- **Wednesday:** 20 minutes warm up jog, 2 sets of 20 minutes at half marathon pace with 5 minutes rest between, 10 minutes warm down jog



- **Thursday:** 30 minutes easy running
- **Friday:** Rest day
- **Saturday:** 30 minutes easy

### **8 Weeks to Go**

- **Sunday:** 28 km
- **Monday:** Rest Day
- **Tuesday:** 50-60 minutes
- **Wednesday:** 20 minutes warm up; 3 sets of (4 minutes at 10 km pace, 30 seconds rest, 2 minutes at 5 km pace) with 3 minutes jog between sets, 20 minutes easy cool down.
- **Thursday:** 40-60 minutes EASY!!
- **Friday:** Rest Day or 30 minutes easy.
- **Saturday:** 60 minutes

### **7 Weeks to Go**

- **Sunday:** 24 km
- **Monday:** Rest Day
- **Tuesday:** 45 minutes easy
- **Wednesday:** 20 minutes warm up; 30 minutes at half marathon pace, 3 minutes rest, 5 minutes at 5k pace; 10 minute easy cool down.
- **Thursday:** 65 minutes EASY!!
- **Friday:** Rest day
- **Saturday:** 50 minutes including 25 minutes on hilly terrain.

### **6 Weeks to Go**

#### **Recovery Week**

- **Sunday:** 22 km long run.
- **Monday:** Rest Day
- **Tuesday:** 40 minutes easy
- **Wednesday:** 20 minutes warm up; 3 sets of 12 minutes at half marathon pace with 3 minutes rest; 10 minutes cool down
- **Thursday:** 45 minutes easy
- **Friday:** Rest day
- **Saturday:** 40 minutes on hilly terrain or 30 minutes easy if racing

### **5 Weeks to Go**

#### **Sharpening and Tapering**

As we enter the last phase of the training, we are going to be cutting back on our mileage and emphasizing rest and speed. Of course, speed is a relative term. The idea isn't to become a sprinter, but rather to refresh our nervous system to faster paces that will increase your efficiency at half marathon pace.

The primary goal is to rest enough to arrive feeling healthy and fresh on race day.

- **Sunday:** 20 km with 30 minutes at half marathon pace
- **Monday:** Rest Day



- **Tuesday** 45 minutes easy
- **Wednesday**: 15 minutes warm up; 8 X 2 minute at 5 km pace with 1 minute rest; 15 minutes warm down
- **Thursday**: 50 minutes easy
- **Friday**: Rest day or 30 minutes easy
- **Saturday**: 60 minutes easy

#### 4 Weeks to Go

- **Sunday**: 16 km with 8 km at half marathon pace
- **Monday**: Rest Day
- **Tuesday**: 45 minutes easy
- **Wednesday**: 15 minutes warm up; 3 sets of [4 minutes at 10 km pace, 30 seconds; 2 minutes at 5 km pace] with 2 minutes between sets; 15 minutes cool down
- **Thursday**: 40 - 50 minutes easy
- **Friday**: Rest day or 30 minutes easy
- **Saturday**: 50 minutes including 8X100m relaxed strides with 100m jog back.

#### 3 Weeks to Go

##### Recovery Week

- **Sunday**: 16 km with 10 km at half marathon pace
- **Monday**: Rest Day
- **Tuesday**: 30 - 40 minutes
- **Wednesday**: 15 minutes warm up; 8 X 2 minutes with 1 minute jogging recovery at 5 km pace; 15 minutes cool down...keep to the short recovery times...be disciplined.
- **Thursday**: 30 - 40 minutes
- **Friday**: Rest day
- **Saturday**: 40 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging

#### 2 Weeks to Go

##### The Taper Begins

- **Sunday**: 24 km at easy running pace.
- **Monday**: Rest Day
- **Tuesday**: 50 minutes
- **Wednesday**: 15 minutes warm up; 6 minutes at 5 km pace, 3 minutes jogging rest, 6 X 1 minute at mile pace with 45 seconds jogging rest; 15 minutes cool down
- **Thursday**: 30 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging
- **Friday**: Rest day
- **Saturday**: 30 minute jog

#### Race Week

- **Sunday**: 12 km with 10 minutes at half marathon pace
- **Monday**: Rest Day
- **Tuesday**: 30 minutes easy
- **Wednesday**: 45 minutes with 5 minutes at 5 km pace
- **Thursday**: 20 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging
- **Friday**: Rest day



- **Saturday:** 20 - 30 minute jog to loosen up
- **Sunday:** Race Day!!